

Finals Guide



FINALS SURVIVAL GEAR PAGE 2 | EXAM SCHEDULE PAGE 3 | STUDY SNACKING PAGE 4



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Finals survival pack

An assortment of tools to utilize for studying, exams



Studying for finals is a battle, and pulling all-nighters in Hale Library, skimming through material you should have read two weeks ago, will drain your energy. However, you can make up for your poor study habits with these essential tools to help you fight through the mass of homework piling up on your desk.

NO. 2 PENCILS

Your trusty No. 2 will get you through any sticky situation, and cram sessions are never complete without a writing utensil. Whether you are composing a thought on a piece of paper or hastily filling in a Scantron sheet at your last final, your pencil will never let you down. Using pencils along with the proper study aids and your study time will be a breeze.

SCANTRONS

It is the moment when your professor shouts to put away your notes that the heart stops and the fear begins to rise in your stomach – or depending on your study habits, that fear could be a generous amount of confidence. Be sure and fill in every bubble and check to see if you spelled your name right. The Scantron sheet is the last thing you must fill in before you are free to go for winter break. Treat them well, and you will be rewarded over winter break when grades are released.

SNACKS

When the pressure is on and you are struggling to find time to eat a proper meal, most students turn to junk food. Large amounts of junk food high in sugar and simple carbohydrates are proven to drain your brain power and increase your waistline. Replace those cheesy chips and cans of soda with more healthy options. Certain foods such as grapefruit, peppermint and basil are all memory boosters and will help you power through that last chapter, according to *Colleges.com*.

TOBACCO

Finding a way to relax during finals is very important, and some will swear by the calming nature of chewing tobacco or the stress relief of smoking a cigarette. However, the harmful effects of all those late nights spent smoking or chewing tobacco will eventually catch up with you. So if you are watching your health, try some gum instead.

CAFFEINE

Your arsenal of weapons would never be complete without the obvious – caffeine. Caffeine is a stimulant, causing the body to produce adrenaline, according to an article in the Johns Hopkins News-Letter. It is your best friend at 3 a.m. when the music on your iPod is singing you to sleep and you have multiple assignments left to do. Chug a can of your favorite energy drink and you will be awake all night.

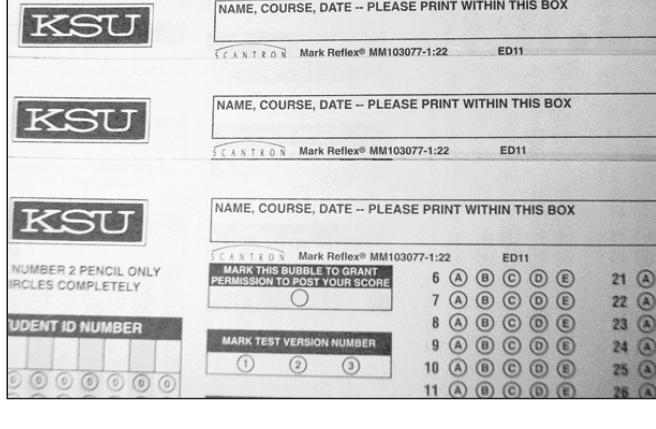
CALCULATOR

That math final would be really painful if you did not pack your handy dandy calculator into your bag. The hours spent tapping away on that tiny keyboard will pay off when you get an A on your test.

BLUE BOOKS

Paper clips and staples are so outdated. Eliminate the pile of notebook paper with this convenient little notebook. The bound pages make for easy transport, and when you hand it in, you will not be worrying if the last page of your carefully crafted essay fell out.

—Compiled by Hannah Loftus



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Good finals preparation can lead to happy results

The key to a successful finals week is being well-prepared for the semester ending assessments. Along with eating well, getting sleep and knowing the exact time and date of every final, an important thing to keep in mind when preparing for finals is finding the ideal place to study.

Having an environment that is conducive to good study habits is important and should be sought by everyone. Though every individual has their own way of studying, some things to keep in mind when searching for the perfect place to study are how quiet the spot is, as most people need peace and quiet to study properly; the distraction of other people who might be in the area; and the material being studied, as some subjects require more attention devoted to them than others.

Various organizations on campus have set up designated study locations and provide a quiet environment and free food. I encourage everyone to take advantage of these spots, as they are a great way to fuel up and study in an atmosphere designed for just that. Many of these places are open for the duration of the day and evening to allow students to come and go as they please. A prime example is the K-State Alumni Center, which will be open from 8 a.m. to 10 p.m. from Dec. 14 to Dec. 16 and 8 a.m. to 5 p.m. from Dec. 17 to Dec. 18. Additionally, Wildcats Forever members can receive snacks at the Alumni Center when they bring their membership cards.

For studying in groups, I recommend students head to Hale Library because of its large tables, and its atmosphere seems to be most appropriate for group work. Groups should find a place where they can carry on a discussion but at the same time not be a distraction to others.

For those who have trouble staying on task, I recommend they seclude themselves from others while they attempt to study by finding an area not heavily populated by students. I also recommend they shut off their cell phones to avoid distraction.

Tough studying is highly important to a successful finals week, but it is important to keep in mind that breaks can be just as important for mental functioning. Your brain can only take so much studying. Allow at least an hour a day for some kind of break from studying that is purely fun. These breaks can vary from taking a jog to watching TV or movies to having a snack. I recommend students not get on social networking Web sites such as *Facebook.com* as they tend to end up as a "black hole" more than any other distraction.

No matter where one chooses to study, the important part to consider is finals can significantly impact a student's overall grade and should be taken seriously. As long as students are aware of this and devote time to their studies, they will be more successful.

Tim Schrag is a sophomore in journalism. Please send comments to opinion@ksu.edu.

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Students opinions mixed about canceling finals

By Pauline Kennedy
KANSAS STATE COLLEGIAN

Kansas weather is unpredictable and by mid-December, extreme winter conditions are always a possibility. While a recent snowstorm produced a fair amount of snow, it was not enough to halt classes during dead week.

Many students said they were happy with how the university handled the weather situation as far as clearing off parking lots and sidewalks.

"I see a lot of salt around, so I think they are doing a pretty good job," said Parker Abel, freshman in marketing.

Abel said he drives to school and was impressed with how well the parking lots were cleared for students.

Kati Lawson, senior in psychology, said as far as parking, she was glad she spent the extra money for a pass to the parking garage, which has been especially useful during winter weather.

While many students said they think the university cleared most areas of campus, they said there were still slick spots on the stairs and around the dorms.

Azsha Thompson, freshman in business, said while most of the stairs by her residence hall were fine,

there are some downhill areas that still seemed dangerous.

Students also had ideas about how the university should handle classes if there happened to be inclement weather during the week of finals.

Two years ago when a snowstorm iced roads and knocked out power, the university was forced to move some finals to Saturday.

"I think the best solution would be to cancel finals," said Jenna Surprenant, freshman in communication studies. Surprenant, an out-of-state student, said moving finals farther down the week can interfere with travel plans, especially for out-of-state students who have to purchase plane tickets ahead of time to get home.

Abel, on the other hand, said canceling finals would be a bad idea.

"I think they should reschedule them," he said. "Some students need the final for their grade."

Abel suggested either moving the finals to the next week or waiting until the beginning of the next semester to take them.

Thompson also said she does not think the finals should be completely canceled; instead she proposed another alternative.

"I think there should be a way to take it online, then students won't get an incomplete," she said.



Lisle Alderton | COLLEGIAN
A tree droops under the weight of thousands of icicles outside of Cardwell Hall in December 2007. The ice storm caused power outages on campus and throughout Manhattan.

Fall 2009 Finals schedule

CLASS SCHEDULES THAT APPLY:		CLASS SCHEDULES THAT APPLY:	
MTWUF, MTWU, MTWF, MWUF, MTW, MWF, MWU, WUF, MW, MU, MF, WU, WF, M, W, F		MTUF, TWUF, MTU, MTF, MUF, TWU, TWF, TUF, MT, TW, TU, TF, UF, T, U	
CLASS START TIME	FINAL DATE AND TIME	CLASS START TIME	FINAL DATE AND TIME
6:00 am-7:30 am	Tuesday 15 at 4:10 pm-6:00 pm	6:00 am-7:30 am	Friday 18 at 2:00 pm-3:50 pm
7:35 am-8:30 am	Friday 18 at 11:50 am-1:40 pm	7:35 am-8:30 am	Thursday 17 at 2:00 pm-3:50 pm
8:35 am-9:30 am	Thursday 17 at 11:50 am-1:40 pm	8:35 am-9:30 am	Monday 14 at 2:00 pm-3:50 pm
9:35 am-10:30 am	Monday 14 at 11:50 am-1:40 pm	9:35 am-10:30 am	Friday 18 at 9:40 am-11:30 am
10:35 am-11:30 am	Tuesday 15 at 11:50 am-1:40 pm	10:35 am-11:30 am	Wednesday 16 at 9:40 am-11:30 am
11:35 am-12:30 pm	Thursday 17 at 4:10 pm-6:00 pm	11:35 am-12:30 pm	Tuesday 15 at 9:40 am-11:30 am
12:35 pm-1:30 pm	Wednesday 16 at 11:50 am-1:40 pm	12:35 pm-1:30 pm	Tuesday 15 at 2:00 pm-3:50 pm
1:35 pm-2:30 pm	Friday 18 at 4:10 pm-6:00 pm	1:35 pm-2:30 pm	Monday 14 at 9:40 am-11:30 am
2:35 pm-3:30 pm	Wednesday 16 at 4:10 pm-6:00 pm	2:35 pm-3:30 pm	Thursday 17 at 9:40 am-11:30 am
3:35 pm-4:30 pm	Monday 14 at 4:10 pm-6:00 pm	3:35 pm-4:30 pm	Wednesday 16 at 2:00 pm-3:50 pm

M = Monday T = Tuesday W = Wednesday U = Thursday F = Friday

GROUP EXAMINATIONS:			
ACCTG 241	Monday 14 at 7:30 am-9:20 am	MATH 100	Wednesday 16 at 6:20 pm-8:10 pm
ACCTG 231	Tuesday 15 at 7:30 am-9:20 am	MATH 205	Wednesday 16 at 6:20 pm-8:10 pm
BIOL 198	Thursday 17 at 7:30 am-9:20 am	MATH 220	Wednesday 16 at 6:20 pm-8:10 pm
CHM 110	Monday 14 at 6:20 pm-8:10 pm	MATH 221	Wednesday 16 at 6:20 pm-8:10 pm
CHM111	Monday 14 at 6:20 pm-8:10 pm	ME 212	Tuesday 15 at 6:20 pm-8:10 pm
CHM 210	Monday 14 at 6:20 pm-8:10 pm	ME 512	Monday 14 at 7:30 am-9:20 am
CHM 230	Monday 14 at 6:20 pm-8:10 pm	PHYS 113	Tuesday 15 at 6:20 pm-8:10 pm
CIS 104	Thursday 17 at 6:20 pm-8:10 pm	PHYS 114	Tuesday 15 at 6:20 pm-8:10 pm
CIS 200	Thursday 17 at 7:30 am-9:20 am	PHYS 115	Thursday 17 at 6:20 pm-8:10 pm
COMM 105	Monday 14 at 7:30 am-9:20 am	PHYS 213	Friday 18 at 7:30 am-9:20 am
COMM 106	Monday 14 at 7:30 am-9:20 am	PHYS 214	Friday 18 at 7:30 am-9:20 am
ECON 110	Wednesday 16 at 7:30 am-9:20 am	STAT 325	Tuesday 15 at 7:30 am-9:20 am
ECON 120	Wednesday 16 at 7:30 am-9:20 am	SPAN 161	Thursday 17 at 7:30 am-9:20 am
FINAN 450	Tuesday 15 at 6:20 pm-8:10 pm	SPAN 162	Thursday 17 at 7:30 am-9:20 am
FSHS 110	Friday 18 at 7:30 am-9:20 am	SPAN 165	Thursday 17 at 7:30 am-9:20 am
FSHS 350	Tuesday 15 at 7:30 am-9:20 am	SPAN 261	Thursday 17 at 7:30 am-9:20 am
		SPAN 361	Thursday 17 at 6:20 pm-8:10 pm

M = Monday T = Tuesday W = Wednesday U = Thursday F = Friday

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Doing it alone or in groups, students find favorite way to study

By Pauline Kennedy
KANSAS STATE COLLEGIAN

Semester's end is just around the corner, and students are spending their last days preparing for final exams. There are always those basic study habits every student grows up hearing. Do not procrastinate, pace oneself, don't cram, make flashcards, get adequate sleep the night before any test and eat a good breakfast.

Although these study habits can be useful to some, throughout their education, students tend to develop their own preferences for exam preparation, and they find ways of studying that benefit them the most.

At this time of the semester, one can find study groups scattered throughout the library, but at the same time, other students prefer to do their studying alone.

Gared Shaffer, senior in agricultural education, said he would much rather study

by himself than in a group. "I can concentrate better and don't get distracted," he said.

On the other hand, many students said they favor working in groups and feel it benefits them the most because it helps them understand the subject from other student's perspectives.

"If you don't know something, someone can teach it to you in terms you understand," said Brett Holthaus, freshman in mechanical engineering.

Other students said deciding between group studying and individual preparation depends on the subject.

"I really get a lot from study groups," said Monette McKeemah, graduate student in pre-physical therapy.

"But I prefer to prepare before group."

Students also have many different preferences when it comes to deciding where to study, what time of the day they like to study and the

amount of noise they can study with.

Many students, like McKeemah, said they cannot study if there is noise going on around them.

"I study without music," she said. "I prefer it to be really quiet."

McKeemah said she usually studies in the evening at the library or in her apartment, but will occasionally get up as early as 5 a.m. to study for quizzes.

Kyle Welch, junior in mechanical engineering, said he would rather study by himself, but has to go somewhere outside of his home to study.

"You have to get out of your environment," he said.

Schaffer said he normally studies during the day but does not like to study in the same place all the time.

"I like to change it up," he said. "The same place gets boring."

While some students say complete silence is a necessity



Lisle Alderton | COLLEGIAN

Oliva Baken, studies alone for an orgasmic biology practical test in Fielder Library Wednesday. While some students find the solitude of studying alone others say they study better in groups.

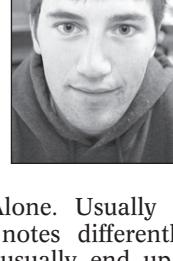
studying but preferably music without lyrics, like classical music.

Whether students are following the old basic rules for

studying, cramming or getting up at the crack of dawn, students have discovered a variety of ways to best prepare themselves for any test.

STREET TALK

Q: Do you study better alone or in groups?



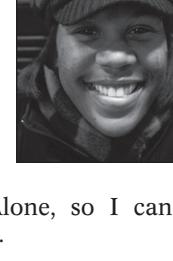
“ Alone. Usually people take notes differently and then usually end up in an argument over whose notes are right. ”

Jason Clark
Junior, biology



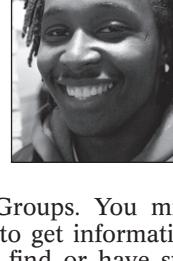
“ Alone. It helps me comprehend what I'm reading quite effectively. ”

Kenin Conady
Sophomore, open option



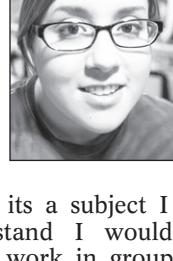
“ Alone, so I can focus better. ”

Delaya Irvin
Freshman, mass communications



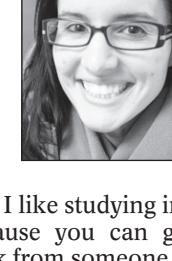
“ Groups. You might be able to get information you can't find or have studying by yourself. And studying by myself I tend to get bored. ”

David Garrett
Sophomore, criminology



“ If it's a subject I don't understand I would prefer to work in groups, but when I study a subject I understand I focus better when I'm by myself. ”

Megan Roney
Sophomore, architectural engineering



“ I like studying in groups because you can get feedback from someone else and you get clued in to another person's vantage point. ”

Audrey Vollbracht
Senior, hotel and restaurant management

Students have many snacking options during finals week

By Ashley Dunkak
KANSAS STATE COLLEGIAN

While most students face a daunting schedule of final exams this week, the sustenance they choose for studying and the places in which they choose to study are as varied as the classes they take.

Mary Byram, junior in life sciences, said she usually goes to the upper floors of Hale Library because the K-State Student Union can sometimes be loud. She pulled out soy nuts and dried fruit from her backpack to demonstrate some of her chosen study snacks.

"I have to snack to stay awake," Byram said. "I try to eat healthy so I don't hurt myself."

Byram also mentioned going to Radina's Coffeehouse

and Roastery with friends to study.

Dusty Elliott, junior in construction science and management, said he preferred to study in the Union and snack on chips and Mountain Dew or go to Taco Bell.

"Really healthy stuff," he said, jokingly.

Hannah McSpadden, senior in agribusiness, also favored the Union as a study place.

"I actually try and avoid the library because it gets so congested," McSpadden said. "I feel like there are more places in the Union to hide yourself."

She said her snack-and-study weakness is Freddy's Frozen Custard.

Alicia Shankle, senior in marketing, said she enjoys getting hot cocoa at

Bluestem Bistro. She prefers studying in her room because both the library and the study spaces in the residence halls can get crowded, she said.

While there is always a plethora of places to buy food on campus and surrounding areas, some places give out free food during finals week.

Some greek houses provide snacks for their members throughout the week.

Members of Wildcats Forever, a student program of the K-State Alumni Association, can study and snack for free at the K-State Alumni Center between 8 a.m. and 10 p.m. on Dec. 14 to Dec. 16 and between 8 a.m. and 5 p.m. on Dec. 17 and Dec. 18.

St. Isidore's Catholic Church is scheduled to open its building for studying and

snacks 24 hours a day for finals week, according to its online newsletter.

Probably the nearest and least exclusive options for free food is Hale. Tara Coleman, assistant professor and science librarian, said the library holds an event called "Caffeine Fix." While it began Sunday night, students can still take advantage of some free refreshments Monday and Tuesday night.

From 10 p.m. to 12 a.m., students can come to the Hemisphere Room on the fifth floor of the library and get hot drinks like coffee, tea and cocoa. Bluestem Bistro

and Panera Bread Bakery made donations, so items from those places will also be available.

However, the food is first-come, first-serve, Coleman said. Students are en-

couraged to bring their own mugs because the staff will stop serving when it runs out of styrofoam cups. The room will also have "Guitar Hero" and Wii set up for when students need a study break.



COLLEGIAN FILE PHOTO

K-State Research and Extension is accepting applications for intern positions for Summer 2010 for various locations in Kansas.

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STREET TALK

Q: What do you do to destress during finals week?



“ Music and food, and also talking with friends. ”



“ Music, defiantly music. ”



“ Good planning and a an efficient schedule. ”



“ Music. ”



“ I drink hot tea and try and hold a conversation with a friend. ”



“ Music, coffee, friends, and YouTube. ”

Cenarda Jackson

Freshman, accounting

Terraahn Wall

Freshman, secondary education and chemistry

Jenny Swabb

Freshman, civil engineering

Travis Livingston

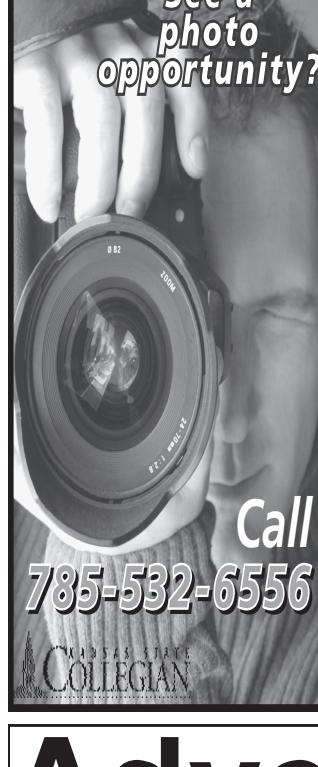
Junior, kinesiology

Josiah Bigelow

Sophomore, mechanical engineering

Nathan Spriggs

Freshman, agricultural economics

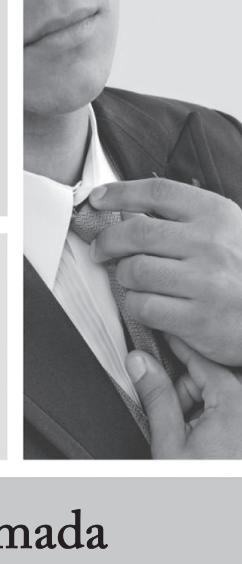


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Real Options, Real Help, Real Hope

Media multitasking affects attention span

By Hannah Blick
KANSAS STATE COLLEGIAN

Finals week might be the perfect time to cut back on TV and music while studying to avoid the harmful effects multitasking has on the brain, according to a recent study conducted by researchers at Stanford University.

The study found that those who frequently multitask are worse at balancing different tasks than those who do not multitask on a regular basis. The study specifically looked at media multitasking, which is using several media sources at one time, including TV, music, texting, chatting and news and social media sites.

Holden Mai, sophomore in computer engineering, said he often works on homework while browsing the Internet, chatting online or listening to music.

"When I'm working on homework it usually takes longer because I'm so-

cializing while working on it," Mai said. "I'm very random about what I do. It's very difficult for me to sit down and focus on one thing for too long."

Lester Loschky, assistant professor of psychology, said when people perform a task that is automatic, like watching TV, it does not need their attention, and they can go on autopilot. But when people try to do a task that is controlled, like working on a homework assignment or studying for a test, it does not come naturally and needs a significant amount of attention.

"Studies cite that students don't study better with the TV or music on," Loschky said.

To comprehend an idea, people have to hold it in their short-term memory long enough to process it, he said. However, short-term memory is notoriously limited in space and competes for attention with different streams of information, particularly those involving similar sources, like language. If

the eyes are taking in words from a book, and the ears are taking in words from a song, they combine and become jumbled in the brain, Loschky said.

"If two things require the same type of attention, it will always cause problems for everyone," he said. "Students aren't superhuman, but a lot of people make that mistake just because they're better at it than their parents or little brother."

Richard Harris, professor of psychology, said he does not think attention spans have been as shortened by media multitasking as the Stanford study suggests, but that people do assume they can handle more than they think.

"I would be very cautious about it and especially limit the multitasking when studying for finals," Harris said. "Some people can't concentrate when it's too quiet, so I'd recommend some more classic or acoustic music without words for background music."

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